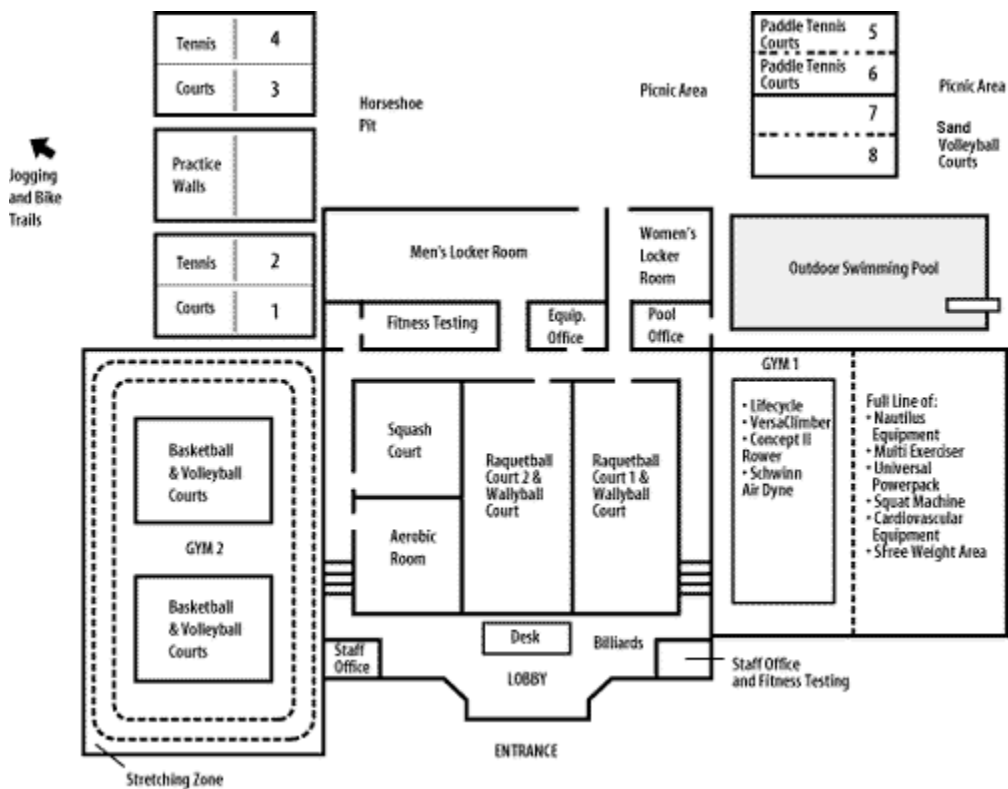


The Sports Center

In The NCC's 32,000 square foot fitness center, guests are invited to train and test their physical potential with a virtual marathon of indoor activities: basketball, volleyball, racquetball, weights, stationary biking, yoga or jogging. Outdoor enthusiasts will delight in running, walking or biking, swimming in the pool, playing tennis or mastering the rope course in the Outward Bound Professional Development Program.

Indoor Activities – The Sports Center

Provided complimentary to all our guests, the 32,000 square foot Sports Center is a complete health and fitness facility offering basketball, wallyball, racquetball, squash and volleyball. In addition, there is a great variety of cardiovascular equipment and an indoor jogging track. Seasonally, you can enjoy the outdoor pool or play tennis on the lighted courts. Bring your own work-out clothes but lockers, towels, shower facilities and racquets are available.



During your stay you can make appointments with the staff for:

- Nautilus Equipment Instruction and Coaching
 - Health Risk Appraisal
 - Body Composition and Measurement
- these services are subject to a nominal fee.*

Some of our indoor activities include

- Table Tennis
- Pool Tables
- [Weight Training](#)
- Aerobics
- Squash
- Electronic Games (pub)
- Racquetball
- Stationary Biking
- [Volleyball](#)
- Basketball
- Darts (pub)

Equipment List:

- Treadmills
- VersaClimbers
- Smith Squat Machine
- Pull Up Station (Gravitron)
- Free Weights
- Nordic Track
- LifeSteps
- LifeCycles
- Concept II Rowers
- Hack Slide
- Stair Masters
- Precor EFX

Plus a full line of Nautilus equipment and free weights.

Acres of Outdoor Activities

We offer over 110 acres of nature to enjoy while you are here. There is plenty of space to jog or walk on the [paths](#) or roadways, as well. Safety reflector vests can be checked out at either the Front Desk, or at the equipment office in The Sports Center at no charge. Tennis and volleyball courts, as well as a practice wall for tennis, handball or paddleball, are also available.

Outward Bound Professional Development Program

[Outward Bound](#) offers a uniquely powerful learning experience, propelling your company to new levels of success. One or two day seminars may be offered as stand alone programs or for more in-depth learning. As a series, these customized programs designed by program specialists and conducted on-site, will add a dynamic addition to your program. Please ask your Conference Planning Manager for more details.

Some of our outdoor activities include:

- Tennis
- Outward Bound
- Swimming Pool
- Golf at Area Courses
- Fleet of Multi-speed bicycles

Hours of Operation:

Monday – Thursday	6:00 a.m. – 10:00 p.m.
Friday	6:00 a.m. – 8:00 p.m.
Saturday – Sunday	8:00 a.m. – 8:00 p.m.
Pool Hours (when in season): Monday – Thursday	10:00 a.m. – 8:00 p.m.
Friday – Sunday	10:00 a.m. – 7:30 p.m.